



THE CONNECTION

Calvert County Office on Aging Bimonthly Newsletter

March/April 2022

INSIDE

Office on Aging News....1, 2, 3, 6
 Menu4, 5
 Calvert Pines News
 North Beach News
 Southern Pines News.....Inserts
 Services7
 Staff Directory 8



Welcome Spring!

SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE



This year the Administration for Community Living (ACL) has chosen the theme, “Celebrate. Innovate. Educate.” for the 50th anniversary of the federal Nutrition Program. Therefore, we are here to celebrate! On March 16, all three centers will provide a free “Grab-and-Go” lunch catered by a local restaurant. Enjoy meatloaf, mashed potatoes, green beans, and a slice of pie.

- Must be 60 years of age or older.
- Pre-register at the Senior Center you would like to pick your meal up. *There will be only 40 available at each center and one meal per person.*
- Meals will be available for pick-up by 1PM at all three centers.



Board of County Commissioners

From left: Commissioners Steven R. Weems, Christopher J. Gadway, Earl F. “Buddy” Hance, Mike Hart and Kelly D. McConkey.

Veterans Survey

The Calvert County Veterans Affairs Commission (VAC) invites citizens to take a brief online survey to assist the VAC in providing targeted resources to local veterans. Please scan the QR code with your phone.

If you need more assistance, please contact Lorraine Joyner at 410-535-1600, ext. 8803.

How to use a QR code:

1. Open the camera on your Phone.
2. Hover the camera over QR code.
3. Touch the link that appears on your screen.
4. The survey should then appear.



Senior Center Hours: Monday-Friday, 8:30 a.m. to 4:30 p.m.

www.calvertcountymd.gov ooamailbox@calvertcountymd.gov

Senior services are accessible to individuals with disabilities

MD Durable Medical Equipment (DME) Loan Closet

The Maryland Department of Aging recently opened a loan closet in Cheltenham to provide durable medical equipment (DME) to Marylanders regardless of age, at no cost. All equipment is collected via donation and is sanitized, repaired, and redistributed to Marylanders in need. The beneficiary of the equipment must be a Maryland resident. Some items available are: power wheelchairs, scooters, home hospital beds, and mechanical lifts. For more information, call the number below or check out their website at: aging.maryland.gov/pages/DME.aspx.

Please note: Equipment is available for pick-up only by appointment.

11701 Crain Highway, Cheltenham, MD
Phone: 240-230-8000
Hours: Monday - Friday, 8AM- 3:45PM

Our agency has limited medical equipment available to borrow. Items include: wheelchairs, walkers, bedside commodes, canes.

Contact Calvert Pines for more information.

In Need or Know Someone in Need?



Lusby Area Food Drop, a MD Food Bank Pantry on the Go, will deliver a 20 lb. box of produce to homes of needy Calvert County seniors. This program is for those who live in Prince Frederick or south.

Produce will be delivered once a month. To sign up, contact: 410-610-8495 or 410-474-6949 or email: LusbyFoodDrop@gmail.com

Welcome to the Team!

We are excited to welcome Jessica Long to the Office on Aging. Jessica is one of our MAP Coordinators, providing social services at Calvert Pines and Southern Pines Senior Centers.



We also welcome the return of Linda Roberts to the North Beach Senior Center!

Maryland Energy Assistance Program

This program assists eligible individuals and families with a one-time-per-year grant to help pay electric bills. You must be income-eligible to apply. Appointments are being scheduled at each senior center. Be prepared to provide the following for every person in the home: proof of all monthly income, a social security card, and a photo ID card. You also need a current heating bill, electric bill, and lease (if renting).

For more information, call 410-535-4606.

Find the Needle (in the haystack)!

Can you find the needle in this issue of The Connection? The first ten seniors who email ooamailbox@calvertcountymd.gov with the correct location of the needle will be recognized in the next edition of our newsletter. Happy hunting!

AARP Tax-Aide Program

Certified AARP Tax-Aide Counselors are available thru April 15th to prepare individual federal and state tax returns at no cost for low-to-moderate income senior citizens ages 50-plus. You do not have to be an AARP member. All individuals on the return must be present and provide identification (SSN card and photo ID). **Calvert Pines and Southern Pines Senior Centers are accepting calls to schedule appointments. No tax preparations will be completed at North Beach Senior Center.** Appointments will be "document drop-off" as in 2020.

Make sure you have all documentation necessary to complete your return. This includes last year's complete federal and state tax returns plus any IRS letters or amendments and all wage, pension, bank or other income statements, broker statements and medical, mortgage, real estate, taxes paid and charitable deductible(s) receipts.

Attention: If you had any Earned Income Credit, Child Tax Credits or Child Dependent Care credits or 2021 adjustments, you must bring 2019 and 2020 returns and any adjustments documentation. Bring a voided check (for proof of direct deposit account) for any electronic refunds.

Call Calvert Pines or Southern Pines Senior Centers for a drop-off appointment.

Senior Center Fun!

Live Music!

Our Senior Centers will have live music at each location in March and April. Bluegrass, rock, oldies, and today's favorites! Performances by Bruce Thomas, JustUs2, The Bootleggers, and Unclouded Day. Check out each Center's calendar for dates and locations.

Drumming Circle

Love music? Come out to Southern Pines' Drumming Circle at 10:30 a.m. on March 14 and April 4. This fun fitness experience uses drumsticks, pool noodles, exercise balls, and your hands to keep the beat to the music.

Bring Your Grandkids to Calvert Pines

No school on Monday, April 18! At 11 a.m., bring your grandkid(s) to Calvert Pines and learn how turtles and snakes benefit our environment with Paige Stevens, Naturalist from Cyprus Swamp Nature Center. Call Calvert Pines to register.

Calvert County Historical Society

Join us at Calvert Pines on March 25, as John Johnson, President of the Calvert County Historical Society, talks about J.W. Booth's attempted escape from Maryland to Virginia. The presentation will also be given at Southern Pines on April 26, 11 a.m.

Jefferson Patterson Park & Archaeology

On April 6, 1 p.m., Southern Pines Senior Center will host Jefferson Patterson Park. Learn about discoveries they have made that help historians understand the history of our region.

Tea-Cup Bird Feeder

Make a tea-cup bird feeder at North Beach Senior Center, March 30, 10 a.m. \$10 fee.

Magazine Mosaic Art

Create a unique piece of art with magazine clippings at North Beach Senior Center, April 27, 10:30 a.m. Bring a magazine (or two) and we will supply everything else.

St. Patrick's Day Events

Our Senior Centers will celebrate St. Patrick's Day on Thursday, March 17. North Beach and Southern Pines will play Bingo, and Calvert Pines will host a Shamrock Hunt around the Center. A Corned Beef lunch, too! Lunch registration is required. Call the Center you would like to dine at to reserve your spot. *And don't forget to wear green!* See each Center's calendar for more information.

From the Division Chief

The arrival of spring is a special time of year. Sunlight is with us longer each day, and the "rebirth" that occurs and the beauty of creation is here for us to enjoy. While I am thankful for all seasons, springtime is a special one.



We are pleased to announce a few staffing updates. Kristy Alleva is our new Program Manager. Kristy oversees all recreational programs, congregate meals, and health promotion activities. Angela Nenko is now our Developmental Disabilities Specialist, coordinating those services. Jessica Long is one of our Maryland Access Point (MAP) Coordinators, assisting seniors with social services. Kathy Shannon, our longtime Program Assistant at North Beach Senior Center, retires in early March, and we wish her well. We are thankful for Kathy and appreciate the many contributions she has made through the years.

I will mention two reasons the month of April is special to me. The state of Maryland and Calvert County recognize Good Friday as a holiday. Consequently, our senior centers will be closed on April 15 as Christians worldwide celebrate the sacrifice given to mankind through the crucifixion and resurrection of Jesus Christ. Secondly, April is National Volunteer Month. We thank all volunteers who work quietly behind the scenes to assist seniors in our community. We commend our tax volunteers, Meals on Wheels drivers, Senior Council members, the Commission on Aging, Friends of Calvert County Seniors, class instructors, and many others who serve daily. On behalf of our entire team, thank you.

Finally, I am proud of our staff. They work hard to ensure we provide high quality service to taxpayers.

To my fellow residents 50 and older, we look forward to seeing you at one of our Senior Centers soon!

-Ed Sullivan

Senior Center Closures

All senior centers will be closed on April 15 in observance of Good Friday. Happy Easter to all who celebrate this holiday.

MARCH 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px;"> <p>Please note: Foods may contain allergens such as eggs, wheat, and soy.</p> </div>	1 Jambalaya Brown Rice Peppers & Onions Ambrosia	2 Baked Pork Chop Seasoned Egg Noodles Wheat Dinner Roll Brussel Sprouts Chilled Applesauce	3 Roast Beef LS Brown Gravy Baked Potato Glazed Carrots Collard Greens Apple Juice	4 Salmon Patty Whole Wheat Bun Three Bean Salad Lettuce & Tomato Slice Fresh Whole Orange
	7 Rosemary Chicken LS Poultry Gravy Mashed Potatoes Wheat Dinner Roll Collard Greens Glazed Carrots Chilled Diced Pears	8 Beef Lasagna Garlic Breadstick Seasoned Green Beans Garden Salad Chilled Mandarin Oranges	9 Tuna Noodle Casserole Wheat Dinner Roll Brussel Sprouts Chilled Peaches	10 BBQ Pork Whole Wheat Bun Coleslaw Beet & Onion Salad Applesauce with Cinnamon
14 Maple Glazed Ham Scalloped Potatoes Wheat Dinner Roll Parslied Carrots Seasoned Green Peas Applesauce with Cinnamon	15 Roast Beef LS Brown Gravy Mashed Potatoes Wheat Dinner Roll Harvard Beets Seasoned Green Beans Cranberry Juice	16 Meatballs Buttered Spaghetti Tomato Sauce Seasoned Broccoli Florets Blushing Pears	 <p>17 St. Patrick's Day Corned Beef Parslied Potatoes Irish Soda Bread Seasoned Cabbage Pear & Lime Gelatin Apple Juice</p>	18 Lemon Pepper Fish Brown Rice Pilaf Butter Beans Capri Vegetable Mix Chilled Mandarin Oranges
21 Chicken Parmesan Buttered Spaghetti Garlic Breadstick Tuscan Mix Vegetables Chilled Pears	22 Beef Stroganoff Seasoned Egg Noodles Wheat Dinner Roll Seasoned Kale Chilled Peaches	23 Turkey a la King Brown Rice Wheat Dinner Roll Capri Vegetable Mix Chilled Apple Slices	24 Sloppy Joe Whole Wheat Bun Potato Wedges Garden Salad Three Bean Salad Orange Juice	25 Spinach Baked Fish Roasted Red Potatoes Navy Beans Peas & Onions Chilled Pineapple
28 Beef-a-Roni Wheat Dinner Roll Garden Mix Vegetables Chilled Peaches	29 Oven-Fried Chicken Baked Beans Wheat Dinner Roll Seasoned Green Beans Collard Greens Orange Juice	30 Braised Pork Chop O'Brien Potatoes Cabbage & Tomatoes Chilled Applesauce	31 Liver & Onions LS Brown Gravy Mashed Potatoes Wheat Dinner Roll Peas & Carrots Chilled Diced Pears	<div style="border: 2px solid black; padding: 5px;"> <p>All meals are subject to change.</p> </div>

APRIL 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Please consider your contribution carefully to help the Office on Aging meet increased costs.</p> <p>All meals are subject to change.</p> <p>Lunches served Monday-Friday at 12 noon.</p> <p>Fee: Aged 60+ - \$3 - Suggested donation Under 60 - \$5 (Payment must be made at time of registration).</p>					<p>1</p> <p>Seafood Newburg Seasoned Egg Noodles Garlic Breadstick Capri Vegetable Mix Chilled Fruit Cocktail</p>
<p>4</p> <p>Turkey Patty L/T/O Coleslaw Sweet Potato Fries WW Hamburger Bun Peaches & Pears</p>	<p>5</p> <p>Beef Stew Parslied Carrots Wheat Dinner Roll Hot Spiced Apples</p>	<p>6</p> <p>Baked Chicken Breast Alfredo Sauce Buttered Spaghetti Italian Mix Vegetables Blushing Pears</p>	<p>7</p> <p>Potato Crusted Fish Seasoned Spinach Broccoli Rice Casserole Wheat Dinner Roll Chilled Mandarin Oranges</p>	<p>8</p> <p>Stuffed Shells & Sauce Green Beans & Pimento Garlic Breadstick Chilled Pineapple</p>	
<p>11</p> <p>Smothered Pork Chop Mashed Potatoes Sautéed Mushrooms Collard Greens Wheat Dinner Roll Applesauce with Cinnamon</p>	<p>12</p> <p>Beef Tips in Gravy Seasoned Egg Noodles Peas & Carrots Wheat Dinner Roll Chilled Peaches</p>	<p>13</p> <p>Teriyaki Chicken LS Fried Rice Stir Fry Vegetable Mix Fresh Whole Orange</p>	<p>14</p> <p>BBQ Meatloaf Baked Sweet Potato Broccoli & Cauliflower Cinnamon Pears</p>	<p>15</p> <p>Breaded Fish Fillet WW Hamburger Bun Coleslaw White Chili Bean Soup L/T/O Oranges & Pineapple</p>	
<p>18</p> <p>Chicken Fried Steak Au Gratin Potatoes Brussel Sprouts Wheat Dinner Roll Cinnamon Peaches</p>	<p>19</p> <p>Herb Roasted Turkey Sage Bread Dressing Garden Blend Vegetables Wheat Dinner Roll LS Poultry Gravy Apple Crisp</p>	<p>20</p> <p>Ham & Potato Casserole Parslied Carrots Seasoned Green Beans Garlic Breadstick Chilled Pears</p>	<p>21</p> <p>Hamburger on WW Bun L/T/O Seasoned Broccoli Florets Baked Beans Chilled Tropical Fruit</p>	<p>22</p> <p>Spinach Quiche LS Minestrone Soup Garden Salad Peas & Onions Chilled Pineapple</p>	
<p>25</p> <p>Buttered Spaghetti Meat Sauce Seasoned Broccoli Florets Hot Spiced Apples</p>	<p>26</p> <p>Turkey Chili w/Beans Wheat Dinner Roll Cauliflower Bake Chilled Peaches</p>	<p>27</p> <p>Baked Pork Chop Seasoned Egg Noodles Brussel Sprouts Wheat Dinner Roll Chilled Applesauce</p>	<p>28</p> <p>Roast Beef Baked Potato Collard Greens Glazed Carrots LS Brown Gravy Apple Juice</p>	<p>29</p> <p>Salmon Patty WW Hamburger Bun Lettuce/Tomato Three Bean Salad Fresh Orange</p>	

Ceramics Shopping Trip Colonial Beach, VA

Date: Wednesday, May 25, 2022

Fee: \$35 (Transportation)

NOTE: The cost of items you buy in the shop and lunch are additional.

Bus Departs:

NBSC	7:30AM
CPSC	8:00AM
SPSC	8:30AM

Registration begins: Tuesday, March 1

Registration Ends: Friday, April 22

Returns: Approximately 5PM



Travel to Country Style Ceramics Shop in Colonial Beach, VA and shop "til your heart's content." Unfinished ceramic pieces (bisque) for you to paint are available for purchase. You will get 50% off all Christmas ceramic bisque and 20% off all other bisque and supplies in the shop. There is no discount on greenware. After shopping, lunch will be at Wilkerson's Seafood Restaurant overlooking the Potomac River. This is an all-day trip. Refunds will only be given if the senior or Office on Aging finds a replacement who will pay for the trip.

Riverside Dinner Theatre Fredericksburg, VA

In August and September, we plan to enjoy the following shows at the Riverside Dinner Theatre in Fredericksburg, VA, *Guess Who's Coming to Dinner* and *Ghost*, a musical adaptation of the 1990 film. More details to come in the May and June Newsletter. Stay tuned!

Prescription Drug Take Back Program

In support of Calvert Alliance Against Substance Abuse (CAASA), each Senior Center will host a Drug-Take back program on Friday, April 29, from 11:30AM-12:30PM. A Law-Enforcement Officer will be available to collect unused, unwanted, or expired prescription drugs.

Ask the Pharmacist

Meet with a CalvertHealth pharmacist to discuss questions about your medications. Bring all your medications, vitamins, supplements, and herbals to ensure they are safe to combine and that you are taking them correctly. The pharmacist will be at the locations below from 9-11:30AM.



Southern Pines Senior Center: March 22
Calvert Pines Senior Center: April 21

Developmental Disabilities Awareness Month

In 1987, President Reagan first proclaimed the month of March as Developmental Disabilities Awareness Month. This month is a time to celebrate the many contributions people with developmental disabilities make to society.



Living Well with Diabetes Classes

Living Well with Diabetes is a 6-week self-management workshop for those with Type-II Diabetes or pre-diabetes. This class will help you learn the keys to take charge of your diabetes. Classes are free, but registration is required.

Southern Pines Senior Center will host a 6-week class, starting on Monday, April 18 at 1PM.
Call 410-535-5400 X355 to register.

SERVICES

Call 410-535-4606 for more information.

Behavioral Health Counselor - A counselor is available through the Calvert County Health Department, Thursday and Friday at Calvert Pines Senior Center and Wednesday at North Beach Senior Center.

Caregiver Services - Information, a quarterly newsletter, and limited respite funds are available. Contact Lisa Caudle for more information.

Community First Choice - Assists adults aged 18-plus to remain in the community or return to the community from long-term care placement. Contact Lisa Caudle for more information.

Guardianship - Information is provided on private and/or public guardianship. Contact Amanda Seymour or Lisa Caudle.

Legal Aid Bureau - Attorney services are available by appointment for those aged 60-plus regarding SSI, benefit denials, disability payments, Social Security and SSI overpayments, debtor and consumer problems, advance directives, and tenant issues. An attorney will be available Thursday, March 10, 1-3 p.m. at North Beach Senior Center and Thursday, April 7, 1-3 p.m. at Southern Pines Senior Center. Call for an appointment.

Long Term Care Ombudsman - An advocate is available for residents of long-term care facilities. For more information, contact Amy Boucher.

Maryland Access Point - Provides options for counseling and information/assistance for senior services, benefits, and resources.

Calvert Pines: Dawn Banks, Jessica Long, Kristy Matchett

Southern Pines: Jessica Long -Thursdays

North Beach: Kristy Matchett - Fridays

Meals On Wheels (MOW) - Midday meals are provided for persons who are homebound and unable to prepare a meal for themselves. For more information, contact Harry Markward or Patti Ryon.

Project Lifesaver - This electronic tracking system helps to quickly locate and return lost/wandering persons suffering from Alzheimer's disease or other related disorders. Contact Tunya Taylor for more information.

Senior Care - Limited funding is available for low-income and frail elderly for case management and assistance with some services. To find out whether you may be eligible, contact Lisa Caudle.

SHIP - State Health Insurance Program - Staff are available to provide information and assistance with health insurance issues. For more information, contact Tunya Taylor or Kristy Matchett.

Senior Medicare Patrol (SMP) - Education and prevention against suspected Medicare abuse and fraud. For more information, contact Kristy Matchett.

Commission on Aging Members

Kathy Baron, Beverly Butler, Noelle Flaherty,
Elizabeth Foster, Sudha Haley, Charles Harrell,
Yolanda Hipski, Frank Krohnert, Terry Long,
Margaret Phipps, Sheila Poole, Anne Weems,
Harriet Yaffe

Friends of Calvert County Seniors Members

Kathy Baron, Beverly Butler, Jan Gibson,
Randy Getman, Shelby Oller, Connie Watts,
Linda Wooge



CALVERT COUNTY OFFICE ON AGING (OOA) STAFF DIRECTORY

450 West Dares Beach Road, Prince Frederick MD 20678

OOA Administration

410-535-4606

Director of Comm. Resources	Jennifer Moreland
Division Chief	Ed Sullivan
Program Manager	Kristy Alleva
Fiscal Manager	Patti Ryon
Client Services Manager	Tunya Taylor
Long Term Care Manager	Lisa Caudle
Long Term Care Coord.	Amy Boucher
Long Term Care Advocate	Larry Harvey
Account Tech II	Suzy Meador
Office Specialist II	Liz Youngblood
Food Service Worker	Harry Markward
Aging Services Case Manager	Terri Gunkel
Aging Services Case Manager	Amanda Seymour
CFC Supports Planner	Jean Muggli
CFC Supports Planner	Grace Oller

Calvert Pines Senior Center

410-535-4606

Program Specialist	Vacant
Program Assistant	Tammie Messer
Food Service Coord.	Tracey Endrusick
Office Assistant II	Andrew Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Kristy Matchett
Social Services MAP Coord.	Dawn Banks
Social Services MAP Coord.	Jessica Long
Developmental Disabilities Specialist	Angela Nenzo
Developmental Disabilities Aide	Vacant
Building & Grounds Worker	Phillip Long, Sr.
Custodian	Brenda Jacks
Senior Rides Program	Chessa Reid
Senior Employment Program	Vacant

North Beach Senior Center

410-257-2549

Program Specialist II	Linda Roberts
Program Assistant	Kathy Shannon
Food Service Coord.	Karla Shauver
Office Assistant II	Kelsey Holland
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Kristy Matchett
Building & Grounds Worker	Kelly Jones

Southern Pines Senior Center

410-586-2748

Program Specialist	Melinda Gaines
Program Assistant	Anne Sledge
Food Service Coordinator	Cathy Richards
Office Assistant II	Brian Ward
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Jessica Long
Senior Employment Program	Vacant

Substitute Staff

Joan Carroll, Amber Holson, Jeanne Holtery,
Barbara Knowles, Karen Moore, Rick Narvell, Linda Robinson, Cathy Tewell

Senior Center Hours: Monday-Friday, 8:30 a.m. to 4:30 p.m.

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